

All of these exercises do not have to be done in the same sitting. But try to get thorough all of them at least a couple of times before the next class.

Insure that you adopt a proper singer's posture, whether standing or sitting.

WARM UP

Physical

Do the physical body and head warm-ups we do in class

Vocal

With lips closed, teeth together and tongue behind bottom front teeth, hum the first four iterations of the **5-Note Warm-up**

(Scales & Warm-ups section on this site)

Hum with no tension in your jaw or throat while engaging your core muscles (think blowing up the balloon) Feel the buzz in the roof of your mouth.

With lips closed, teeth apart and tongue behind bottom front teeth, hum the remainder of the exercise. Again, hum without tension while using your core muscle support. When you start to strain on the top, stop

“Arpeggio to Improve Range” will be useful in expanding your vocal range in the future.

BREATHING

Exercise - Relaxed Breathing (repeat 3 times)

- Close your eyes
- Relax your tongue and the back of your throat
- Breath through your mouth by extending your stomach
- Feel the free flow of air

Exercise - Metering Out Breath

- Take a singer's breath
- Exhale completely
- Adopt the open feeling at the back of the throat
- Take a one-count deep breath that inflates your abdomen and lower back
- Engage the core (like blowing up the balloon)
- Blow out to flicker a candle flame without blowing it out.
 - Attempt to be out of air at the count of 10

- Try again. Attempt to be out of air at the count of 14
- Go longer, if you can³.

Exercise - Controlling Breath Use While Vocalizing

- Using straw, blow into the liquid keeping the bubbles at a constant height.
- Follow along with “Love Me Tender” in “In Class Song Audio” of this site, singing on an ‘ooo’.
- Take a full singer’s breath in between phrases
- Try to develop buzz in mask

RESONANCE

Exercise - Feel and Keep The Buzz

- With your tongue, find the dome in your hard palate. Just before the roof of your mouth drops down toward your front teeth. Do it several times. Concentrate on the feeling in the roof of your mouth where your tongue touches.
- Sing the ‘ooooo’ vowel on any pitch. Try to feel the sound in the same place that was touched by your tongue. This will naturally place resonance in you ‘mask’. Feel it vibrate in the dome, nose and eye area.
- While singing the ‘ooo’, morph to an ‘eeeeee’ vowel and try to feel the same sensations.
- Morph again to an ‘ah’ vowel and try to keep the forward placement.

Exercise - Keep The Buzz On All Vowels

- Sing “**Bouncing Ball Vowels**” in “Scales & Warm-ups” section of this site. Feel the sound in the same spot on your hard pallet for each vowel

PITCH MATCH/INTERVALS

Exercise - Increase Comfort With Singing Intervals

- Pick any other two of the voice exercises in the Scales & Warm-ups section of this web site and follow along as best as possible.

VOWELS

Exercise - Concentrate on Holding Vowel Sounds

- Use the “Word Cloud” of *Love Me Tender* we used in class (the one with the lyrics spelled funny) Speak through the lyrics. Concentrate on holding the capitalized vowels. Be aware of ending consonants being carried over to the next word.

Exercise - Practice Holding Vowels In A Song

- For this exercise you will be singing *Love Me Tender*. You will need to refer to the handout sheet music, as well as the “Word Cloud” page used in the previous exercise.
- Sing along with the recording of *Love Me Tender* in the “In Class Songs Audio” section of this site. Use the sheet music to see the notes. Pronounce the words as indicated on the “Word Cloud”
- Take a full singer’s breath between phrases.
- Record yourself (if you are up for it)
- Listen to the recording
 - Find one thing you like about your singing
 - Find **one** thing you would like to work on
- We can discuss your impressions in the next class

DYNAMICS

Exercise - Co-ordinate Breath Release With Vocalization

- Pick any note you are comfortable matching. Take a singer’s breath, engage your core, sing on a soft “ooo” like blowing on a flame to make it flicker. Sing it as long as you can.
- Use your tuner to insure you stay on the same note throughout.

Exercise - Practice Controlling Loud/Soft Dynamic

- Repeat DYNAMICS Exercise 1 but while you are holding the note increase, then decrease, the volume.
- Do that again, this time using your tuner to insure that you stay on pitch as you increase and decrease volume.

Note: Your throat must stay relaxed throughout the exercise. The way you effect volume is by how much you engage your core muscles. Place your hand in front of your mouth to feel the flow of air. As you increase the volume notice that the air stream does not increase by much. Getting louder doesn’t mean screaming.

HARMONY

Exercise - Prepare For Harmony In Class

- Use the *Newfangled Four Tag* handout and refer to your assigned version. Use the TE Tuner to match the pitch each note in your version.
- Sing along with the your ‘Version’ found on the In Class Songs Audio section of this web site.

- When you feel comfortable, try singing the tag. Start by matching just the first note (it's the same for everyone) and verify with your tuner. Then sing your 'version' slowly using the TE Tuner to verify the accuracy of each note. Don't panic if this doesn't go the way you want it to at first. Simply repeat the first two steps and then give it another go.

Note: I know it is only five notes, but you will find you are much more successful if you are mindful of your posture, taking a singer's breath, engaging your core muscles and committing to your sound (don't be timid).

SING FOR FUN

Sing along with any of the ballads in the *Sing Along* section of this website.